

2025-2026 **RESOURCE** DIRECTORY



Summer Hill of Wayne

A Christian Health Community

Welcome to our Resource Directory

At Summer Hill of Wayne, we are committed to helping older adults live independently and safely in the place they call home. This directory is designed to connect residents and their families with trusted local resources, programs, and services that support aging in place—whether the need is daily living assistance, health care, social connections, transportation, or home maintenance.

We know that families play an essential role in supporting their loved ones. This directory can also serve as a guide for family members, helping them access information and tools to assist better the residents they care about.

Your Service and Activity Coordinator, Susan Matyiku, is here to guide you. If you have any questions, need assistance navigating resources, or would like a referral, please reach out to her directly at 201-848-5837 or smatyiku@christianhealthnj.org

We hope this Resource Directory helps residents and families feel safe, supported, and connected in the Summer Hill of Wayne community.

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Adult Day Programs

Resource	Street Address	Town	Phone Number	Notes
Adult Day Care at Passaic County Senior Services	930 Riverview Drive, Ste 200	Totowa	973-569-4080	Social
Diamond Years	360 Clinton Street	Haledon	973-942-4111	Medical/social
My Day Home	120 Commerce Way	Totowa	973-890-5888	Medical/social
Shepherds Haven Social Day Care	420 Ramapo Ave	Pompton Lakes	973-835-4747	Social
TrueCare Adult Medical Day Care	1111 Paulison Avenue	Clifton	973-913-5143	Medical/social

Adult Protective Services

Resource	Street Address	Town	Phone Number	Notes
Adult Protective Services(Passaic)	80 Hamilton Street	Paterson	973-592-1954 After Hours -800-315-4561	

Aging & Disability Resources

Resource	Street Address	Town	Phone Number	Notes
Aging & Disability Resource Connection		Passaic County	973-881-4000	

Animal Services

Resource	Street Address	Town	Phone Number	Notes
Alan Purcell Animal Shelter	201 Pompton Plains Crossroad	Wayne	973-694-0767	
Animal Control			973-694-9295	After hours call Wayne Police 973-694-1800 Ext 3281
Rabies Clinic		Wayne	973-694-1800 Ext 3313	
Spay /Neutering Services			973-282-0890	Low cost neuter & spay
SpayUSA			1-800-248-7729	
Wayne Dog and Cat Licensing		Wayne	973-694-1800 Ext 3313	

Banks

Resource	Street Address	Town	Phone Number	Notes
Bank of America	1005 Hamburg Turnpike	Wayne	973-317-0192	
Chase Bank	1401 Valley Road	Wayne	973-628-5618	
Columbia Bank	122 Berdan Avenue	Wayne	973-696-8782	
M & T Bank	217 Berdan Avenue	Wayne	973-305-9656	
Spencer Savings Bank	183 Hamburg Turnpike	Wayne	973-942-6004	
TD Bank	281 Valley Road	Wayne	973-633-6514	
TD Bank	187 Berdan Avenue	Wayne	973-709-0037	
Valley Bank	1200 Preakness Avenue	Wayne	973-696-6500	
Wells Fargo Bank	501 Union Boulevard	Totowa	973-790-2341	
Wells Fargo Bank	1210 Hamburg Turnpike A	Wayne	973-790-2393	

Cardiologists

Resource	Street Address	Town	Phone Number	Notes
Advanced Cardiology Practice	510 Hamburg Turnpike, #201	Wayne	973-942-8176	
Cardiac Associates of North Jersey	43 Yawpo Ave	Oakland	201-337-0066	
Cardiology Associates of North Jersey	242 West Parkway	Pompton Plains	973-831-7455	
Cardiology Consultants of NJ	246 Hamburg Turnpike	Wayne	973-942-1141	
Heart & Vascular Associates of Northern	401 Hamburg Turnpike, Suite 109	Wayne	973-595-5345	
New Jersey Heart and Vein	855 Valley Road, Suite 112B	Clifton	973-327-5000	
St. Joseph's Health Advanced Cardiology	225 Minnisink Road, Floor 3	Totowa	862-657-3210	
St. Joseph's Health Advanced Cardiology	225 Minnisink Road, Floor 3	Totowa	862-657-3210	
Total Cardiology Care	2035 Hamburg Turnpike #L	Wayne	973-248-0200	
Valley Medical Group/Cardiology	1578 Route 23, # 103	Wayne	973-778-3777	

Carpet Cleaners

Resource	Street Address	Town	Phone Number	Notes
ChemDry Bergen and Passaic County			973- 773-5559	
OxiMagic Carpet Cleaning	132 Little Falls Road	Fairfield	201-445-1000	
Sabatino's Carpet Cleaner		Wayne	973- 696-1600	
Stanley Steemer		Clifton	973-778-8873	
UCM Carpet Cleaners of Wayne	Route 23	Wayne	973-826-7747	

Car Wash

Resource	Street Address	Town	Phone Number	Notes
Pristine Auto Spa & Service	2122 Hamburg Turnpike	Wayne	973-835-7765	
Progressive Car Care	587 Union Boulevard	Totowa	973-956-1234	
Royal Car Wash	1555 NJ23	Wayne	973-633-1900	
Urban Auto Spa	755 Hamburg Turnpike	Wayne	973-595-5153	
Willowbrook Car Wash	1 Riverlawn Drive	Wayne	973-785-2200	

Car Wash				
Resource	Street Address	Town	Phone Number	Notes
Wolfie's Car Wash	784 Mountainview Boulevard	Wayne	973-476-5889	
Pompton Plains Hand Car Wash	729 NJ-Route 23	Pompton Plains	929-206-4700	
Sunshine Car Wash	200 Moutainview Boulevard	Wayne	973-305-8998	
Spark Car Wash	1720 US-Route 46	Woodland Park	908-840-8900	

Dental Services				
Resource	Street Address	Town	Phone Number	Notes
Fine Dental Care	600 Valley Road	Wayne	973-475-8898	
Robert Russo, DDS	580 Alps Road	Wayne	973-686-1445	
Valley Dental Arts	911 Valley Road	Wayne	973-694-9080	
Wayne Family Dental	931 Hamburg Turnpike	Wayne	973-694-4494	
Diabetes Resources				
Resource	Street Address	Town	Phone Number	Notes
Chilton Medical Center/Atlantic Health		Pompton Plains	973-831-5229	Diabetes educational and self management program. Insurance accepted
St. Joseph's Wayne John Victor Machuga Diabetes		Paterson	973-720-6733	Diabetes educational and self-management program. Insurance accepted
Wayne Township Biannual Blood		Wayne	973-694-1800 Ext 3281	Screening offered by Wayne Health Dept checks glucose and A1C, nominal fees

Dog Parks

Resource	Street Address	Town	Phone Number	Notes
North Haledon Dog Park	61 Brookside Terrace	North Haledon		
Oakland Dog Park	123 Ramapo Valley Road	Oakland		\$20 per year per dog
Pompton Lakes Dog Park	70 Albany Avenue	Pompton Lakes		

Educational Programs

Resource	Street Address	Town	Phone Number	Notes
Wayne Public Library	461 Valley Road	Wayne	973-694-4272	
William Paterson University School of Continuing & Professional Education	1800 Valley Road	Wayne	973-720-2354	
Bergen Community College	400 Paramus Road	Paramus	201-447-7100	

Endocrinologist				
Resource	Street Address	Town	Phone Number	Notes
Dr. Fadwa Sumrein, DO	2 Brighton Street	Clifton	862-297-9696	
Dr. Gibiezaite, MD	57 Willowbrook Boulevard	Wayne	973-754-4060	
Dr. Namrata Paul, MD	225 Minnisink Road, Suite 103	Totowa	862-657-3180	
Dr. Vanessa Narwani/Advocare Institute of Metabolism, endocrine and diabetes	2025 Hamburg Turnpike	Wayne	201-636-1887	
Dr. Nil Pudchong S	342 Hamburg Turnpike #107	Wayne	973-790-6260	
Valley Medical -Endocrinology	1578 Route 23 # 205	Wayne	973-832-7487	
Dr. Yazan Vwich	224 Hamburg Turnpike	Wayne	973-942-6900	
Energy Assistance (LIHEAP & USF)				
Resource	Street Address	Town	Phone Number	Notes
Weatherization and Home Energy Assistance	930 Riverview Drive, Suite 250	Totowa	973-569-4032	

Fall Prevention

Resource	Street Address	Town	Phone Number	Notes
Good Steps-Home Care Options			973-523-1224	

Fed Ex

Resource	Street Address	Town	Phone Number	Notes
Fed Ex Authorized Ship Center	1536 NJ Route 23	Wayne	973-628-0707	
Fed Ex	113 US-46	Wayne	973- 638-1227	
Fed Ex Ground	95 Demarest Drive	Wayne	800-463-3339	
Fed Ex Drop Box ONLY	1615 Hamburg Turnpike	Wayne		

Financial Counseling				
Resource	Street Address	Town	Phone Number	Notes
Community Credit Counseling	3455 Route 66	Neptune	732-845-2880	State licensed Debt Adjusters
Consumer Credit & Budget Counseling	299 S Shore Road US Route 9	Marmora	609-390-9652	State licensed Debt Adjusters
Family Guidance Center Corp	1931 Nottingham Way	Hamilton	609-586-2574	State licensed Debt Adjusters
Garden State Consumer Credit Counseling	200 US Highway 9	Manalapan	732-409-6281	State licensed Debt Adjusters
Investigroup NP A NJ Non Profit	1282 Liberty Avenue	Hillside	908-977-7320	State licensed Debt Adjusters
Food Pantries				
Resource	Street Address	Town	Phone Number	Notes
Calvary Temple Hope Ministries	1111 Preakness Avenue	Wayne	973-694-2938	
Community Food Bank			908-224-7776	Text "FINDFOOD"
CUMAC/ECHO	223 Ellison Avenue	Paterson	973-742-5518	
Ponds Valley Food Pantry	341 Ramapo Valley Road	Oakland	201-337-6744	pantrydirector@pondsnj.org
Salvation Army		Paterson	973-790-4817	by appointment

Food Pantries				
Resource	Street Address	Town	Phone Number	Notes
Wanaque Feed the Hungry	579 Ringwood Avenue	Wanaque	973-839-3000	
Wayne Interfaith Network Food		Wayne	973-595-1900	To apply 973-694-1800 ext. 3281 Apply through Wayne
Wayne SDA Church Food Pantry			973-696-5645	Wednesdays food pantry 7 p.m. -8 p.m.

Grief Support Groups and Counseling

Resource	Street Address	Town	Phone Number	Notes
Livewell Counseling		Wyckoff	201-848-5800	Christian Health Service
Valley Health Systems			201-291-6246	In person or virtual

Grocery Stores

Resource	Street Address	Town	Phone Number	Notes
Fresh Grocer North Haledon	1068 High Mountain Road	North Haledon	973-423-5506	
Instacart Store Delivery App	Various Stores			https://www.instacart.com/
Shoprite Oakland	14 Post Road	Oakland	201-337-3900	pickup or delivery available
Shoprite Wayne	30 Wayne Hills Mall	Wayne	973-595-0079	pickup or delivery available
Stop & Shop	1220 Hamburg Turnpike	Wayne	973-305-1333	pickup or delivery available
Super FoodTown	1466 Route 23	Wayne	973-696-1977	
Whole Foods Market	560 Valley Road	Wayne	973-587-1470	pickup or delivery available

Gyms				
Resource	Street Address	Town	Phone Number	Notes
Gold's Gym	18 Furler Street	Totowa	973-256-4653	
LA Fitness	1070 Hamburg Turnpike	Wayne	973-694-0175	Silver sneakers program
Orangetheory Fitness	650 Union Boulevard	Totowa	973-500-6600	
Orangetheory Fitness	1160 Hamburg Turnpike #4	Wayne	973-826-2788	
Planet Fitness	797 Hamburg Turnpike	Wayne	862-221-9261	Silver sneakers program
Spa 23 Fitness & Lifestyle	381 Route 23	Pompton Plains	973-839-8823	
Wayne Community Center	1 Pike Drive	Wayne	973-758-9039	
Handyman				
Resource	Street Address	Town	Phone Number	Notes
Criss Johnson	93 Boonton Avenue	Butler	201-696-1664	Call for pricing
HandyMike LLC	28 Greendale Avenue	Pompton Plains	201-456-2003	Depends on the project
House Care Hero			201-677-2287	Free estimates

Handyman				
Resource	Street Address	Town	Phone Number	Notes
Ken Do It		Oakland	201-803-6171	Call for pricing
Lew Thurston			201-846-1595	Call for pricing

Hearing Services

Resource	Street Address	Town	Phone Number	Notes
ENT Associates-Audiologist	1211 Hamburg Turnpike	Wayne	973-633-0808	
Granville Brady, Jr.	1135 Clifton Avenue Suite # 101	Clifton	973-472-9361	
Hearing Life	601 Hamburg Turnpike Suite #104	Wayne	862-203-3129	
Miracle-Ear Hearing Aid Center	653 US-46 West	Fairfield	973-524-7817	
Oakland Vision and Hearing Center	350 Ramapo Valley Road	Oakland	201-651-1212	Audiologist on staff
Penta Hearing Care	23 Berdan Avenue	Wayne	973-834-9073	

Home Delivered Meals

Resource	Street Address	Town	Phone Number	Notes
Meals on Wheels North Jersey	32 Pascack Road	Woodcliff Lake	201-358-0050	
Mom's Meals			877-508-6667	momsmeals.com
Passaic County Division of Nutrition	930 Riverview Drive Suite 250	Totowa	973-569-4099	

Home Health Care Agencies

Resource	Street Address	Town	Phone Number	Notes
BrightStar	601 Hamburg Turnpike	Wayne	973-321-0110	
Caring People	1169 Main Avenue	Clifton	973-859-2700	
Home Care Options	2000 Siena Village	Wayne	201-897-5550	
Visiting Angels	1211 Hamburg Turnpike #213	Wayne	973-839-3761	

Hospice

Resource	Street Address	Town	Phone Number	Notes
Barnabas Health and Hospital			855-619-4448	Various locations
Hospice Care of Hackensack			844-777-0711	Various locations
Hospice of NJ			973-893-0818	Home visits, nursing home, AL or hospital
Hospice/ Palliative St. Joseph's			973-276-3052	
Hospice Palliative Care-Atlantic Health			201-897-5550	Hospice in home, nursing home, AL or hospital available
Journey Hospice of NJ			973-276-3052	Home visit, nursing home, AL

Hospice				
Resource	Street Address	Town	Phone Number	Notes
Medicare.gov- hospice care info	www.medicare.gov			To find Medicare participating hospice that serve your area
Valley Hospice			201-291-6131	Home, nursing home, hospital , AL
Holy Name Villa Marie Claire	12 West Saddle River Road	Saddle River	551- 248-4800	On site hospice facility
Vitas			855-336-5329	

Hospitals				
Resource	Street Address	Town	Phone Number	Notes
Chilton Medical Center	97 West Parkway	Pompton Plains	973- 831-5000	Wayne First Aid will transport you there
Morristown Memorial Hospital	100 Madison Avenue	Morristown	973- 971-5000	Wayne First Aid will NOT transport you
St. Joseph's Hospital Wayne	224 Hamburg Turnpike	Wayne	973-942-6900	Wayne First Aid will transport you there
St. Joseph's University Medical Center	703 Main Street	Paterson	973-754-2000	Wayne First Aid will transport you there
Valley Hospital	4 Valley Health Plaza	Paramus	201- 447-8000	Wayne First Aid will NOT transport you
Housekeeping Services				
Resource	Street Address	Town	Phone Number	Notes
Busy Bea Cleaning	511 Riverside Drive	Wayne	973-797-9951	
Home Care Options		Wayne	201-897-5550	free quarterly seasonal
Merry Maids of North Jersey			973-354-3950	
Molly Maid		Lyndhurst/Nutley	201-340-1472	
Zhanna's Cleaning	263 Franklin Avenue	Ridgewood	212-645-5555 201-588-5555	

Immigration Services

Resource	Street Address	Town	Phone Number	Notes
IACO, Immigration & American citizenship Org		https://immigrantintegration.org	973-472-4648	Volunteers assist immigrants with their immigration process

Insurance Counseling (SHIP)

Resource	Street Address	Town	Phone Number	Notes
SHIP/Passaic County Senior Services	930 Riverview Drive, Suite 200	Totowa	973-569-4060	

Junk Removers

Resource	Street Address	Town	Phone Number	Notes
1-800-Got-Junk		Wayne	1-800-468-5865	Service in the Wayne area
College Hunks Hauling Junk	1275 Bloomfield Avenue	Fairfield	973-954-4651	
Junk Pros			201-645-1103	

Laundry Services

Resource	Street Address	Town	Phone Number	Notes
Allwood Cleaners	48 Market Street	Clifton	973-778-3008	
Laundry Unlimited	79 Union Boulevard	Totowa	862-823-6309	
NJ Laundry Service		Passaic County	201-431-0141	
The Palace Laundromat	1116 McBride Avenue	Woodland Park	973-341-2233	
Wayne Laundry	132 Mountainview Boulevard	Wayne	973-406-7333	

Legal Aid				
Resource	Street Address	Town	Phone Number	Notes
Northeast NJ Legal Services	152 Market Street, 6th floor	Paterson	973-523-9002	Anna Navatta
Eldercare Lawyer/Medicaid Specialist				
Resource	Street Address	Town	Phone Number	Notes
Andora & Romano LLC	15 Essex Road, #46	Paramus	201-845-6621	
Michael Manna	66 S Maple Avenue	Ridgewood	866-678-0459	
Ellen B Miller Medicaid Specialist	37 Eagle Ridge Circle	Lakewood	908-222-9126	
Medicare/Medicaid Assistance				
Resource	Street Address	Town	Phone Number	Notes
Medicare			800-633-4227	www.medicare.gov
Medicaid			800-633-4227	https://www.medicaid.gov

Medical Alert Systems				
Resource	Street Address	Town	Phone Number	Notes
Bay Alarm Medical			1-877-522-9633	
LifeStation			1-866-715-6287	
Medical Alert			1-800-773-5948	
Medical Guardian			1-800-734-2092	
Mobile Help			1-800-923-1506	
Mobile Help			1-800-923-1506	
One Call Alert			1-844-466-4172	
Medical Transport				
Resource	Street Address	Town	Phone Number	Notes
Aero Ambulance Services	52 Hackensack Avenue	Hackensack	201-343-0144	Call for pricing
Pulse Medical Transport	24 Andrews Drive	Woodland Park	973-237-1313	Call for pricing
Rapid Response Medical Transport	240 Frisch Court	Paramus	201-977-4448	Call for pricing

Medical Transport				
Resource	Street Address	Town	Phone Number	Notes
A & M Medical Transport			973-835-1591	Call for pricing
Life Ride		Livingston	551-225-0080	Call for pricing

Mental Health and Counseling

Resource	Street Address	Town	Phone Number	Notes
Counseling Care Associates	15 Furler Street	Totowa	973-890-9180	
Gracepoint	301 Sicomac Avenue	Wyckoff	201-848-4435	Outpatient/partial hospitalization
Live Well Counseling	301 Sicomac Avenue	Wyckoff	201-848-5800	Counseling & mental health
Mental Health Clinic- Passaic	1451 Van Houten Avenue	Clifton	973-473-2775	
New Bridge Health	680 Broadway Suite # 506	Paterson	201-225-7130	
NewBridge Counseling (various locations)	1069 Ringwood Avenue	Haskell	973-915-4301	
NJ Mental Health Cares Helpline			1-866-202-4357	
Ramapo Ridge Christian Health	301 Sicomac Avenue	Wyckoff	201-848-5805	Inpatient
SAMSHA			1-800-662-4357	
Suicide Prevention			call or text 988	
Wayne Counseling and Family Services	1022 Hamburg Turnpike	Wayne	973-694-1234	Counseling & mental health
Wayne Behavioral Services	401 Hamburg Turnpike Suite # 302	Wayne	973-790-9222	

Moving Companies				
Resource	Street Address	Town	Phone Number	Notes
Casella & Sons Moving Service	59 Village Park Road	Cedar Grove	973-239-3278	Fully licensed and insured
Freedom Moving & Storage	20 Hanes Drive Suite A	Wayne	855-343-4700	Fully licensed, bonded, and insured
Pony Express	48 Notchcroft Drive	Little Falls	973-256-6591	
Two Men & A Truck Moving	18 Industrial Road	Fairfield	973-512-2271	

Optimum Services

Resource	Street Address	Town	Phone Number	Notes
Optimum/ Advanced support			866-580-1620 866-580-1621	Tech problems with cable and equipment

Parks

Resource	Street Address	Town	Phone Number	Notes
Captain Kilroy Park	6 Concord Place	Wayne		
Dave Waks Memorial Park	39 Barbour Pond Road	Wayne		
Franklin Lakes Nature Preserve	1 Nature Preserve Way	Franklin Lakes	201-891-4000	
Garret Mountain Reservation	8 Mountain Avenue	Woodland Park	973-881-4833	
Goffle Brook Park	794 Lafayette Avenue	Hawthorne	973-427-0609	
High Mountain Park Preserve	100 University Drive	Wayne		
James W. Roe Memorial Pool	133 Garside Ave	Wayne	973-694-1800	
Laurelwood Arboretum	725 Pines Lake Drive West	Wayne	973-831-5675	
Terhune Memorial Park	333 Terhune Drive	Wayne		

Pharmacies				
Resource	Street Address	Town	Phone Number	Notes
Belmont Pharmacy	364 Belmont Avenue	Haledon	973- 457-8850	
Black Oak Pharmacy	879 Black Oak Ridge Road	Wayne	973-837-8770	
CVS Pharmacy	54 Hamburg Turnpike	Wayne	973-694-5500	
CVS Pharmacy	2440 Hamburg Turnpike(Ter	Wayne	973-239-3400	
CVS Pharmacy	1762 Ratzer Road	Wayne	973-389-2081	
Plains Pharmacy	578 Valley Road	Wayne	973-694-5522	
Stop & Shop Pharmacy	1210 Hamburg Turnpike	Wayne	973-305-5860	
Valley Pharmacy	791 Hamburg Turnpike	Wayne	973-832-7200	
Walgreens	321 Valley Road	Wayne	973-559-0909	
Wayne Pharmacy & Surgical Supply	1055 Hamburg Turnpike	Wayne	973-696-6667	

Places of Worship				
Resource	Street Address	Town	Phone Number	Notes
Annunciation of the Blessed Virgin Mary	45 Urban Club Road	Wayne	973-694-5700	
Calvary Temple International	1111 Preakness Avenue	Wayne	973-694-2938	
Grace United Presbyterian	981 Preakness Avenue	Wayne	862-248-5582	
Hawthorne Gospel Church	2000 Route 28	Hawthorne	973-427-6960	
Islamic Center of Passaic County	190 Haledon Avenue	Prospect Park	973- 278-7070	
Kingdom Hall of Jehovah Witnesses	281 Burhans Avenue	Haledon	862-264-6455	
Our Lady of Consolation Church	1799 Hamburg Turnpike	Wayne	973-839-3444	
Our Lady of the Valley	630 Valley Road	Wayne	973-694-4585	
Preakness Reformed Church	131 Church Lane	Wayne	973-694-5481	
St Timothy's Lutheran Church	395 Valley Road	Wayne	973-694-8316	
St. Michael's Episcopal Church	1219 Ratzer Road	Wayne	973-694-1026	
St Mary's Roman Catholic Church	17 Pompton Road	Pompton Lakes	973-835-0734	

Places of Worship

Resource	Street Address	Town	Phone Number	Notes
Temple Beth Tikvah Synagogue	950 Preakness Avenue	Wayne	973-595-6565	
Templo Shalom Synagogue	586 Main Street	Paterson	973-742-8647	
United Methodist Church Wayne	99 Parish Drive	Wayne	973-694-3260	
Wayne SDA	218 Ratzer Road	Wayne	973-696-5645	

Police, EMT & Fire Department				
Resource	Street Address	Town	Phone Number	Notes
Always call 911 first in an Emergency				
Wayne Fire Department	475 Valley Road	Wayne	973-694-0600	
Wayne Police Non Emergency	475 Valley Road	Wayne	973-694-0600	Police, Fire and EMT
Wayne Township First Aid			973-694-9263	Non Emergency
Post Office				
Resource	Street Address	Town	Phone Number	Notes
US Post Office (Packanack Lake)	40 Lake Drive West	Wayne	973-694-2632	Closed Saturday and Sunday
US Post Office	150 Pompton Plains Road	Wayne	973-694-0308	
US Post Office	42 Preakness Shopping Center	Wayne	973-694-3569	Back side of the shopping center
US Post Office	586 Valley Road	Wayne	973-694-1032	Valley Ridge Shopping Center

Primary Care Physicians

Resource	Street Address	Town	Phone Number	Notes
Allied Medical Associates	510 Hamburg Turnpike	Wayne	973-942-6005	Group of doctors
Atlantic Health Primary Care	340C Ramapo Valley Road	Oakland	973-962-6200	Group of doctors
Dr. Lisa Melsky, MD	87 Berdan Avenue Ste 2B	Wayne	973-692-9634	
St Josephs Primary Care	225 Minnisink Road	Totowa	862- 657-3066	Group of doctors
Totowa Primary Care Center	160 Union Boulevard	Totowa	973- 790-0090	Group of doctors
Valley Medical Group	759 Hamburg Turnpike	Wayne	973-709-0099	Also urgent care
Wedgewood Primary Care Physicians	1055 Hamburg Turnpike	Wayne	973-248-1440	Group of doctors

Public Transportation

Resource	Street Address	Town	Phone Number	Notes
Access Link			973-491-4224	
EZRyde4Life			201-939-4242	
Garden State Taxi	50 Galesi Drive, Suite 4C	Wayne	973-887-7788	

Public Transportation

Resource	Street Address	Town	Phone Number	Notes
Lyft				Requires an App on your smart phone and Credit Card
NJ Transit			973-275-5555	
Uber				Requires an App on your smart phone and Credit Card
Wayne Taxi and Limo			973-509-3333	
Woodland Park Taxi Service	228 Rifle Camp Road	Woodland Park	973-638-2505	

Rehab Therapies-PT, Speech, and OT				
Resource	Street Address	Town	Phone Number	Notes
Christian Health Outpatient Rehab			201-485-5718	PT, OT, and speech therapy
Intensive Therapeutic	70 Darlington Drive	Wayne	973-771-1582	PT, OT, and speech therapy
SportsCare Physical Therapy	2055 Hamburg Turnpike Ste 2	Wayne	973-835-0909	
SportsMed P/T	211 Berdan Avenue	Wayne	201 254-7512	
Trinity Rehab	1172 Hamburg Turnpike	Wayne	862-684-8380	Transportation provided
Wayne Orthopedic Physical Therapy	450 Hamburg Turnpike	Wayne	973-706-7620	
Senior Community Programs				
Resource	Street Address	Town	Phone Number	Notes
Golden Age Circle	1 PAL Drive	Wayne		waynegoldenage@gmail.com
Passaic County Camp Hope Senior Program	1792 Union Valley Road	West Milford	973-881-2487	Recreation and Socialization
Prime Timers		Wayne	973-305-0869	Senior women 62 and older
Senior Resource Group	Wayne Community Center	Wayne	201-478-2228	Contact Diane Bromberg-Stern

Senior Community Programs

Resource	Street Address	Town	Phone Number	Notes
Wayne Adult Community Center	1502 Hamburg Turnpike	Wayne	973-633-0734	Community Program
Wayne for All Ages	Captain Kilroy/Tom's Lake	Wayne	973-694-1800 ext. 3281	Community Program

Senior Shuttle Services

Resource	Street Address	Town	Phone Number	Notes
Go Go Grandparent			855-755-2721 ext. 63541	Taxi Service
Modivcare			866-527-9933	Non-emergency medial transportation for Medicaid
Para Transit	1310 Route 23 North	Wayne	973-305-5756	Call in advance, 2 weeks if possible
Reliable Taxi		Wayne	973-539-2500.	
Ryde4Life			201-939-4242 option#4	Membership Based
Wayne Totowa Taxi		Wayne	(973) 666-2873	
Wayne Township Senior Bus		Wayne	973-694-1800 x 3259 or 3260	

SNAP Assistance

Resource	Street Address	Town	Phone Number	Notes
Passaic County Social Service	1237 Ringwood Ave	Haskell	973-839-5705	8:30 am - 4:30 pm
Passaic County Social Service	80 Hamilton Street	Paterson	973-881-0100	7:30 am - 4:00 pm
SNAP Application Assistance			908-838-4831	Will provide you with contact to help applying

Social Security Administration				
Resource	Street Address	Town	Phone Number	Notes
Social Security Administration	200 Federal Plaza Ste 1	Paterson	800-772-1213	
Social Security Administration	935 Allwood Road Ste 300	Clifton	800-772-1213	
Tax Preparation Assistance				
Resource	Street Address	Town	Phone Number	Notes
AARP Foundation Tax-Aide			888-227-7669	
TCE			800-906-9887	

UPS				
Resource	Street Address	Town	Phone Number	Notes
Staples UPS Services (Totowa)	545 US Route 46	Totowa	973-890-5454	
UPS	189 Berdan Avenue	Wayne	973-628-1901	
UPS	576 Valley Road	Wayne	973-696-5300	
UPS	14 Post Road Suite B	Oakland	862-446-8020	Inside Shoprite
UPS	5 Sicomac Road	North Haledon	973-238-0015	
UPS	852 Franklin Avenue	Franklin Lakes	201-485-8801	
Urgent Care				
Resource	Street Address	Town	Phone Number	Notes
Atlantic Health Urgent Care	225 US Route 46	Totowa	973-256-0452	
City MD	1172 Hamburg Turnpike	Wayne	908- 648-3579	
City MD	30 West Oakland Avenue	Oakland	201-351-8336	
Dispatch Health			201-882-7527	Urgent care in your home, billed the same as in office

Urgent Care

Resource	Street Address	Town	Phone Number	Notes
Hackensack Meridian Urgent Care	31 Boonton Turnpike	Lincoln Park	848-308-4603	
NJ Doctors Urgent Care	620 Route 23 North	Pompton Plains	973- 530-4362	
St. Joes Urgent Care	225 Minnisink Road	Totowa	862- 657-3100	
Valley Medical Group	759 Hamburg Turnpike	Wayne	973-709-0099	Also urgent care

Veteran Services

Resource	Street Address	Town	Phone Number	Notes
Veteran Affairs	930 Riverview Drive Ste	Totowa	973-569-4090	
	200		973-569-4060	

Veterinarians

Resource	Street Address	Town	Phone Number	Notes
Companion Veterinary Hospital	1510 Hamburg Turnpike	Wayne	976-832-7474	
Legacy Animal Hospital	785 Totowa Road	Totowa	973-315-5235	
Ramapo Valley Animal Hospital	347 Ramapo Valley Road	Oakland	201-337-4870	
Tri County Animal Hospital	1302 Hamburg Turnpike	Wayne	973-831-2426	
Vetco Total Care Animal Hospital	Route 46	Totowa	973-826-1685	
Wayne Animal Hospital	2411 Hamburg Turnpike	Wayne	973-839-3737	
Wayne Valley Animal Hospital	582 Valley Road	Wayne	973-957-3232	

Vision Services

Resource	Street Address	Town	Phone Number	Notes
Beacon Eye Center	1777 Hamburg Turnpike	Wayne	973-295-5200	Ophthalmologist
Dr. Charles S. Reing, MD	220 Hamburg Turnpike, #7	Wayne	973- 790-1300	Ophthalmologist
Gilberti Eye and Laser	415 Totowa Road	Totowa	973-595-0011	Ophthalmologist
Dr. Kaur			201-277-2020	Onsite monthly, call your service coordinator for details
Oakland Vision and Hearing Center	350 Ramapo Valley Road	Oakland	201-651-1212	Optometrist
Refocus eye health	43 Yawpo Avenue Suite #1	Oakland	201-337-9300	Ophthalmologist
The Eye Health Group of Totowa	360 Route 46	Totowa	973-785-0900	Optometrist
The Eye Institute	968 Hamburg Turnpike	Wayne	973-696-0300	Ophthalmologist
The Retina Center of NJ	1 Corporate Drive	Wayne	973-987-3380	Ophthalmologist
Totowa Eye Care	169 Union Boulevard	Totowa	973- 942-4221	Optometrist

Volunteer Opportunities

Resource	Street Address	Town	Phone Number	Notes
CASA of Passaic County	415 Hamburg Turnpike Suite D2	Wayne	973-832-4002	
Christian Health	301 Sicomac Avenue	Wyckoff	201-848-5797	Caroline Silva ,Volunteer and Community Outreach Coordinator
Habitat for Humanity	415 Hamburg Turnpike	Wayne	973-782-6993	
Jersey Cares	290 West Mount Pleasant Avenue	Livingston	973-533-1993	info@jerseycares.org
Riverview Garden Club	Wayne Health Center 461 Valley Road	Wayne	201-598-9056	Jacqueline Pisatowski Runs Sept - June, Monthly
Wayne Public Library	461 Valley Road	Wayne	973-694-4272	
Wayne Rotary Club		Wayne	201-220-4348	www.rotaryclubwaynenj.org

Window Cleaning				
Resource	Street Address	Town	Phone Number	Notes
All American Window Cleaning	20 Manchester Avenue	North Haledon	201-501-8300	
All Clear Pro Home Services	P.O. Box 325	Ridgewood	201-300-7878	
Triple C Pro Window Cleaning	85 Bay Street Suite 3A	Montclair	973-619-9996	



Communities

Independent Living

Evergreen Court

Hillcrest

Independent Living Plus

Siena Village of Wayne

Summer Hill of Wayne

The Vista

Continuing Care Retirement Community

Residential Health Care

Windmere

Assisted Living

Longview

Premier Assisted Living

Courtyard at Longview

Memory Care Assisted Living

Skilled Nursing Care

Heritage Manor

Mountain View at Windmere

Southgate Special Care

Services

Rehabilitation

Physical, Occupational, and Speech Therapy

Bolger Short-Term Rehabilitation

Outpatient Rehabilitation

Home Health Services

Home Care Options

Counseling, Housing, and Education

NewBridge Services

Mental Health

LiveWell Counseling

Gracepoint

Partial-Hospitalization and
Intensive Outpatient Program

Hospital

Mental Health

Ramapo Ridge Behavioral Health

Haven at Ramapo Ridge

Trauma-Informed Care for Women